

CMHA Wellness Development Centre (WDC) Schedule of Activities

November 2015



Wellness Development Centre Hours

Tuesday 10:00 a.m. - 3:00 p.m.
 Wednesday 10:00 a.m. - 3:00 p.m.
 Thursday 10:00 a.m. - 3:00 p.m.

Lunch

Tuesdays, Wednesdays and Thursdays
 Served from 12:00 p.m. -12:20 p.m. for \$3.00

Meal Coupons

\$30.00 for a book of 10
 see WDC staff to purchase

Coffee

25 cents, available at 10 a.m - 1:00 p.m.

Art Studio Open

Tues & Thurs 10:00am-3:00pm
 Wed 12:00pm-3:00pm



Calendar Legend:

Education Programs in Purple!
 Art Studio Programs in Pink!
 New Programs in Blue!
 Outings in Orange!
 Sign Up = S



Meals Matter
 Meals & Soups: \$5.00

* **PUNCH CARDS AVAILABLE:**
 Buy 10 meals get 1 FREE SOUP!
 For more information call 250-861-3644

Tuesday		Wednesday		Thursday		
Time	Activity	Time	Activity	Time	Activity	
3		4		5		
10:15 a.m.	Positive News Stories OR Yoga	10:15 a.m.	Active Time	10:15 a.m.	TED talks	
11:00 a.m.	Mindfulness	11:00 a.m.	Relaxation	11:00 a.m.	Yoga OR Food Justice Photo Project w/ Ailsa	
12:00 p.m.	Lunch & Clean up	12:00 p.m.	Lunch & Clean up	12:00 p.m.	Lunch & Clean Up	
1:00 p.m.	Art with Jessica: Portraits in Oil (S)	1:00 p.m.	Outing: Pickleball at Parkinson Rec Centre (S)	1:00 p.m.	Eating Disorder Support/Education Group	
1:00 p.m.	Knit & Chat with Joanne	1:00 p.m.	Men's Group OR Christmas Jewelry with Jayme (S)	1:00 p.m.	Computer Skills with Duane (S)	
1:30 p.m.	Qi Gong with Hajime	2:00 p.m.	BINGO with Clayton	2:00 p.m.	Smudge & Language of Letting Go	
1:30 p.m.	Education: Wellness Recovery Action Plan	2:45 p.m.	WDC Clean up	2:45 p.m.	WDC Clean up	
2:45 p.m.	WDC Clean up	Peer Support (6:00pm-7:30pm) Doors open at 5:30				
10		11		12		
10:15 a.m.	Positive News Stories OR Yoga	CLOSED FOR REMEMBRANCE DAY  No Peer Support due to holiday		WDC Open at 11:00am due to staff meeting		
11:00 a.m.	Mindfulness			11:00 p.m.	Yoga	
12:00 p.m.	Lunch & Clean up			12:00 p.m.	Lunch & Clean Up	
1:00 p.m.	Community Meeting OR Art with Andrea (S)			1:00 p.m.	Outing: Bowling (S) OR Computer Skills with Duane	
1:30 p.m.	Qi Gong with Hajime			1:00 p.m.	Art with Tina: Christmas Cards with Gelli Plates (S)	
1:30 p.m.	Education: Wellness Recovery Action Plan		1:00 p.m.	Accupuncture with Dr. Barlow (S)		
2:45 p.m.	WDC Clean up		2:00 p.m.	Womens group OR Smudge & Language of Letting Go		
17		18		19		
10:15 a.m.	Positive News Stories OR Yoga	10:15 a.m.	Active Time	10:15 a.m.	TED talks	
11:00 a.m.	Mindfulness	11:00 a.m.	Relaxation	11:00 a.m.	Yoga	
12:00 p.m.	Lunch & Clean up	12:00 p.m.	Lunch & Clean up	12:00 p.m.	Lunch & Clean Up	
1:00 p.m.	Knit & Chat with Joanne	1:00 p.m.	Outing: H2O (S) OR Building Support Systems (S)	1:00 p.m.	Outing: Grocery Shop at Superstore (S)	
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Art with Lynne: Mixed Media (S)	1:00 p.m.	Art with Tina: Christmas Cards with Oil Pastels (S)	
1:30 p.m.	Education: Wellness Recovery Action Plan	2:00 p.m.	Men's Group OR BINGO with Clayton	1:00 p.m.	Eating Disorder Support/Education Group	
2:45 p.m.	WDC Clean up	2:45 p.m.	WDC Clean up	2:00 p.m.	Computer Skills with Duane (S)	
			Peer Support (6:00pm-7:30pm) Doors open at 5:30	2:45 p.m.	Smudge & Language of Letting Go	
24		25		26		
10:15 a.m.	Positive News Stories OR Yoga	10:15 a.m.	CELEBRATING SCTOLAND  Peer Support (6:00pm-7:30pm) Doors open at 5:30		10:15 a.m.	Food: Easy Prep and Delicious Eats
11:00 a.m.	Mindfulness	11:00 a.m.			Yoga	
12:00 p.m.	Lunch & Clean up	11:00 p.m.			Lunch & Clean Up	
1:00p.m.		12:00 p.m.				
1:00 p.m.	Birthday Celebration (S)	1:00 p.m.				
1:30 p.m.	Qi Gong with Hajime	2:00 p.m.				
1:30p.m.	Education: Wellness Recovery Action Plan	2:45 p.m.		1:00 p.m.	MH Info Session: Personality Disorder(s)	
2:45 p.m.	WDC Clean up			1:00 p.m.	Computer Skills with Duane (S) OR Women's Group	
				1:00 p.m.	Outing: Walk to the Kelowna Art Gallery (S)	
				2:00 p.m.	Smudge & Language of Letting Go	
				2:45 p.m.	WDC Clean up	

*Quote: "Not all those
who wander, are lost"*

Wellness Development Centre (WDC)

504 Sutherland ave.

Kelowna, BC, V1Y 5X1

www.kelowna.cmha.bc.ca

Phone: 250-861-3644 ext. 125, 126,127 or 128

Fax: 250-763-4827

WDC Participants' Phone Line: 250-762-9866

Peer Support Group

Monday: 1:30-3pm

Wednesday: 6pm-7:30pm

*Our Programs provide a non- judgemental
confidential and respectful learning and sharing
environment*

**Come see a member of the Peer Support Staff if you are
Interested in joining us**